

**Full Report (All Nutrients) 01132, Egg, whole, cooked, scrambled**

Report Date:September 22, 2015 18:46 EDT

Nutrient values and weights are for edible portion.

**Food Group : Dairy and Egg Products****Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 61g	1 tbsp 13.7g	1 cup 220g
<b>Proximates</b>							
Water	g	76.40	--	--	46.60	10.47	168.08
Energy	kcal	149	--	--	91	20	328
Energy	kJ	621	--	--	379	85	1366
Protein	g	9.99	--	--	6.09	1.37	21.98
Total lipid (fat)	g	10.98	--	--	6.70	1.50	24.16
Ash	g	1.01	--	--	0.62	0.14	2.22
Carbohydrate, by difference	g	1.61	--	--	0.98	0.22	3.54
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	1.39	--	--	0.85	0.19	3.06
Sucrose	g	0.00	--	--	0.00	0.00	0.00
Glucose (dextrose)	g	0.28	--	--	0.17	0.04	0.62
Fructose	g	0.00	--	--	0.00	0.00	0.00
Lactose	g	1.11	--	--	0.68	0.15	2.44
Maltose	g	0.00	--	--	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca	mg	66	--	--	40	9	145
Iron, Fe	mg	1.31	--	--	0.80	0.18	2.88
Magnesium, Mg	mg	11	--	--	7	2	24
Phosphorus, P	mg	165	--	--	101	23	363
Potassium, K	mg	132	--	--	81	18	290
Sodium, Na	mg	145	--	--	88	20	319
Zinc, Zn	mg	1.04	--	--	0.63	0.14	2.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 61g	1 tbsp 13.7g	1 cup 220g
Copper, Cu	mg	0.059	--	--	0.036	0.008	0.130
Manganese, Mn	mg	0.022	--	--	0.013	0.003	0.048
Selenium, Se	µg	23.5	--	--	14.3	3.2	51.7
Fluoride, F	µg	0.8	--	--	0.5	0.1	1.8
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin	mg	0.040	--	--	0.024	0.005	0.088
Riboflavin	mg	0.376	--	--	0.229	0.052	0.827
Niacin	mg	0.076	--	--	0.046	0.010	0.167
Pantothenic acid	mg	1.217	--	--	0.742	0.167	2.677
Vitamin B-6	mg	0.134	--	--	0.082	0.018	0.295
Folate, total	µg	36	--	--	22	5	79
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	36	--	--	22	5	79
Folate, DFE	µg	36	--	--	22	5	79
Choline, total	mg	221.0	--	--	134.8	30.3	486.2
Betaine	mg	0.3	--	--	0.2	0.0	0.7
Vitamin B-12	µg	0.76	--	--	0.46	0.10	1.67
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	161	--	--	98	22	354
Retinol	µg	159	--	--	97	22	350
Carotene, beta	µg	26	--	--	16	4	57
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	7	--	--	4	1	15
Vitamin A, IU	IU	578	--	--	353	79	1272
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	372	--	--	227	51	818
Vitamin E (alpha-tocopherol)	mg	1.15	--	--	0.70	0.16	2.53
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta	mg	0.03	--	--	0.02	0.00	0.07
Tocopherol, gamma	mg	2.12	--	--	1.29	0.29	4.66
Tocopherol, delta	mg	0.65	--	--	0.40	0.09	1.43
Vitamin D (D2 + D3)	µg	1.8	--	--	1.1	0.2	4.0

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Vitamin D3 (cholecalciferol)	µg	1.8	--	--	1.1	0.2	4.0
Vitamin D	IU	72	--	--	44	10	158
Vitamin K (phylloquinone)	µg	4.0	--	--	2.4	0.5	8.8
<b>Lipids</b>							
Fatty acids, total saturated	g	3.331	--	--	2.032	0.456	7.328
4:0	g	0.019	--	--	0.012	0.003	0.042
6:0	g	0.016	--	--	0.010	0.002	0.035
8:0	g	0.019	--	--	0.012	0.003	0.042
10:0	g	0.021	--	--	0.013	0.003	0.046
12:0	g	0.017	--	--	0.010	0.002	0.037
13:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.092	--	--	0.056	0.013	0.202
15:0	g	0.007	--	--	0.004	0.001	0.015
16:0	g	2.170	--	--	1.324	0.297	4.774
17:0	g	0.019	--	--	0.012	0.003	0.042
18:0	g	0.927	--	--	0.565	0.127	2.039
20:0	g	0.013	--	--	0.008	0.002	0.029
22:0	g	0.008	--	--	0.005	0.001	0.018
24:0	g	0.003	--	--	0.002	0.000	0.007
Fatty acids, total monounsaturated	g	4.441	--	--	2.709	0.608	9.770
14:1	g	0.005	--	--	0.003	0.001	0.011
15:1	g	0.000	--	--	0.000	0.000	0.000
16:1 undifferentiated	g	0.150	--	--	0.092	0.021	0.330
17:1	g	0.010	--	--	0.006	0.001	0.022
18:1 undifferentiated	g	4.250	--	--	2.592	0.582	9.350
20:1	g	0.025	--	--	0.015	0.003	0.055
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	2.429	--	--	1.482	0.333	5.344
18:2 undifferentiated	g	2.067	--	--	1.261	0.283	4.547
18:3 undifferentiated	g	0.134	--	--	0.082	0.018	0.295
18:4	g	0.000	--	--	0.000	0.000	0.000
20:2 n-6 c,c	g	0.013	--	--	0.008	0.002	0.029

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20:3 undifferentiated	g	0.017	--	--	0.010	0.002	0.037
20:4 undifferentiated	g	0.139	--	--	0.085	0.019	0.306
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:4	g	0.010	--	--	0.006	0.001	0.022
22:5 n-3 (DPA)	g	0.005	--	--	0.003	0.001	0.011
22:6 n-3 (DHA)	g	0.043	--	--	0.026	0.006	0.095
Fatty acids, total trans	g	0.624	--	--	0.381	0.085	1.373
Cholesterol	mg	277	--	--	169	38	609
Phytosterols	mg	10	--	--	6	1	22
<b>Amino Acids</b>							
Tryptophan	g	0.139	--	--	0.085	0.019	0.306
Threonine	g	0.442	--	--	0.270	0.061	0.972
Isoleucine	g	0.532	--	--	0.325	0.073	1.170
Leucine	g	0.861	--	--	0.525	0.118	1.894
Lysine	g	0.705	--	--	0.430	0.097	1.551
Methionine	g	0.297	--	--	0.181	0.041	0.653
Cystine	g	0.205	--	--	0.125	0.028	0.451
Phenylalanine	g	0.535	--	--	0.326	0.073	1.177
Tyrosine	g	0.402	--	--	0.245	0.055	0.884
Valine	g	0.676	--	--	0.412	0.093	1.487
Arginine	g	0.623	--	--	0.380	0.085	1.371
Histidine	g	0.245	--	--	0.149	0.034	0.539
Alanine	g	0.566	--	--	0.345	0.078	1.245
Aspartic acid	g	1.034	--	--	0.631	0.142	2.275
Glutamic acid	g	1.378	--	--	0.841	0.189	3.032
Glycine	g	0.335	--	--	0.204	0.046	0.737
Proline	g	0.453	--	--	0.276	0.062	0.997
Serine	g	0.742	--	--	0.453	0.102	1.632
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0